

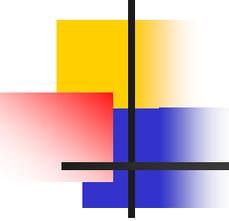
# Employer Based Wellness Program

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2006 NDPERS Wellness Forum

Rebecca Fricke

Employee Benefit Programs Specialist



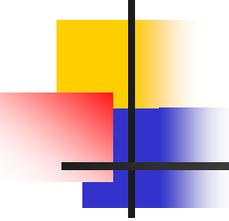
# Administrative Issues

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- 2006 Plan Year Reporting
- 2007 Plan Year Application Process
- Resources
- NDPERS Communications

# 2006 Plan Year

## Reporting



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- SFN 58437 developed for Coordinators to report on plan year activities
- Available on website by November 15, 2006
- Must be submitted to PERS by May 31 for July 1, 2006 to June 30, 2007 plan year
- Email reminders will be sent

# 2006 Plan Year Reporting



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- Confirmation Requested:
  - Communication of wellness materials provided by NDPERS to employees
  - Completion of wellness activity 1
  - Completion of wellness activity 2
  - Completion of comprehensive program (if applicable)

# 2006 Plan Year

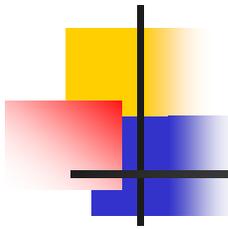
## Reporting

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- Percentage of employees that participated
- Was this the activity listed on application?
- Would you recommend activity or offer activity again to employees?
  - If not, why?

# 2007 Plan Year

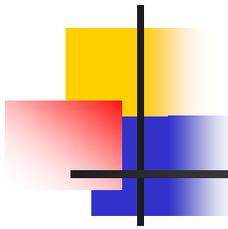
## Timeline



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- **January 2007**- Submit your Wellness Program Discount Application SFN 58436 to PERS by the 31<sup>st</sup>.
- **March 2007**- PERS will review and evaluate the Wellness Program Discount Applications submitted.
- **April 2007**- PERS will provide all Wellness Programs that have not been approved a second opportunity to submit a revised copy.
- **May 2007**- PERS will review and evaluate the revised Wellness Program Discount Applications submitted.
- **July 2007** – New Plan Year begins and runs through June 30, 2008.

# 2007 Plan Year Components



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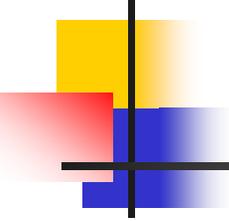
- Commitment Agreement (new groups)
- Wellness Coordinator Appointed (new groups)
- Wellness Coordinator attends the Wellness Forum
- Distribute communication materials to your agency employees on a monthly basis and promote the PERS Smoking Cessation Program
- Develop Wellness Program (Wellness Discount Application)
- Implement Wellness Program during Plan Year (July 1, 2007 through June 30, 2008)

# 2007 Plan Year

## Wellness Application Process

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- Total of 5 points needed
  - Communication materials and promotion of PERS Smoking Cessation program = 1 point (required)
  - One Day Program = 1 point
  - Multi-Day Program = 2 points
  - Comprehensive Wellness Plan = 4 points



# Resources

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- Available on-line
- Updated with additional resources
- There are actual programs for 2 points
- Contact information

# Resources

Home Page for NDPERS - North Dakota Public Employees Retirement System - Microsoft Internet Explorer

Address: <http://www.nd.gov/ndpers/insurance-plans/employer-based-wellness.html>

**Program Information**

- [Commitment Agreement](#)
- [Employer Based Wellness Discount Application](#)
- [Wellness Plan Application Example - Small Agency](#)
- [Wellness Plan Application Example - Medium Agency](#)
- [Wellness Plan Application Example - Large Agency](#)
- [EAP Wellness Services Available](#)
- [Wellness Benefit Funding Program Overview](#)
  - [Standard Program Application](#)
  - [S A Day Challenge Program Application](#)

**2005 Wellness Forum**

- [View the webcast](#)
- [Forum Agenda](#)
- Forum Presentations
  - [NDPERS Employer Based Wellness Programs](#)
  - [Overview of NDPERS Employer Based Wellness Program](#)
  - [Wellness Benefit & Application Process](#)
  - [Smoking Cessation Program](#)
  - [Health Dialog Resources](#)
  - [Five-a-day Program](#)
  - [Overview of Healthy North Dakota Initiative](#)
  - [BCBS Wellness Education Programs](#)
  - [Overview of DOT Wellness Program](#)
  - [Overview of UND Wellness Program](#)

[NDPERS Wellness General Resources](#)

**Walking Works**  
The Blue Program for a Healthier America

**PERS 5 A Day Challenge**

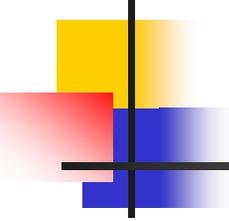
**healthfinder**

**GO RED North Dakota**  
DME DARTHOLOGICAL FOUNDATION

**My Health Connection - Health Dialog**

**BCBS Member Education**

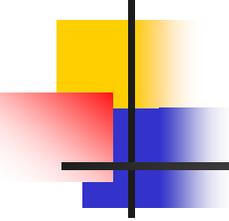
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# NDPERS Communications

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- Monthly Wellness Emails
  - Format in PDF
  - Format in Word
- Wellness Posters
  - Post in highly visible employee area
  - Supply
- Smoking Cessation Emails & Posters
  - Additional communications sent to eligible state agency & university system employers
- Coordinator Specific Emails



# Questions

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